THE CLAIMS

What is claimed is:

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- 1. A frozen dessert capable of being heated in a microwave, comprising: a frozen confectionery core;
- a semi-fluid coating at least partially or completely surrounding the core to inhibit or prevent microwaves from heating the core;
- a biscuit supporting the core and coating, the coating and the biscuit being arranged such that the core is completely surrounded thereby; and
 - a sauce poured over the core, coating, and biscuit that absorbs microwaves.
 - 2. The dessert of claim 1, wherein the sauce is liquefied so that the dessert is ready to be consumed.

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The dessert of claim 1, wherein the core is placed at the geometric 3. center of the dessert, the sauce is placed upon a tray in a microwave oven, and the biscuit has a thickness of 5 to 10 mm to keep the core above and away from the tray.

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4. The dessert of claim 1, wherein the core comprises 30% to 42% by weight dry matter, the coating comprises 42% to 50% by weight dry matter, and the sauce comprises 35% to 70% by weight dry matter.

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5. The dessert of claim 1, wherein the core comprises one or more of an ice cream, a milk ice, a water ice, a sherbet, or a frozen fermented dairy product.

6. The dessert of claim 1, wherein the coating is aerated and comprises one or more of an egg-based cream, a Bavarian cream, flan, or a beaten egg white.

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7. The dessert of claim 1, wherein the biscuit also provides insulation from microwaves and has a dry matter content of 70% to 90% by weight.

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- 8. The dessert of claim 1, wherein the biscuit comprises a wafer, puff dough, or reconstituted biscuit material.
- 9. The dessert of claim 1, wherein the sauce comprises one or more of a fruit purée, broth, syrup, or a milk and egg-based pastry cream.
 - 10. The dessert of claim 1, wherein the coating comprises at least 50% protein and carbohydrate materials.
 - The dessert of claim 1, wherein the coating is overrun by 100% to 300% by volume.
 - 12. The dessert of claim 1, wherein the sauce includes a higher water content than the coating on the biscuit, so as to absorb more microwaves during warming.
 - 13. A process for the manufacture of a frozen dessert, comprising: filling an open mold with a semi-fluid composition and with a frozen confection, such that the semi-fluid composition at least partially surrounds the frozen confection:
- placing a biscuit into the mold, wherein the biscuit has a sufficient size and composition to absorb microwaves;

pouring a liquid sauce into the mold; and freezing the mold.

- The process of claim 13, wherein the core is placed within the semi-fluid composition, thereby displacing a part of the semi-fluid composition.
 - 15. The process of claim 13, wherein the core is disposed at the geometric center of the mold and the semi-fluid composition completely surrounds the core.

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16.	The process of claim 13, which further comprises:
remov	ing the dessert from the mold;
packa	ging the dessert in a plurality of packets or blister packs; and
packii	ng the packets or blister packs in boxes.

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17. The process of claim 13, which further comprises: closing the mold with a lid; and packaging the mold in an external package.

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18. The process of claim 13, wherein the mold comprises a hemispherical cup, having an embossed side wall and festoons arranged radially from its summit to provide the mold with a decorative appearance and to stiffen the mold, the cup further having a depression or concavity to facilitate removing the dessert from the mold, and the mold also having a track to maintain the sauce separated from the coating composition until the mold has been frozen.

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19. The process of claim 18, wherein the side wall of the mold includes gadroons with a crest line, the gadroons being reinforced or grooved on the crest line, and wherein the mold further comprises a flat edge serving as a base for a closing lid, the flat edge being split so as to constitute an opening initiator.

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20. A method for heating a frozen confectionery product including a sauce, a coating, and a biscuit, while inhibiting melting of a frozen core therein, which comprises:

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disposing the product on a tray in a microwave so that the biscuit and the coating completely surround the core and so that the core is above and away from the tray; and

heating the product with microwaves while inhibiting or avoiding melting of the frozen core.